



Is it soup yet?



Chaz

 [**cvillette**](https://cvillette.livejournal.com/)



<https://cvillette.livejournal.com/>
2007-12-06 11:27:00

MOOD:  embarrassed

MUSIC: Joan Osborne - Angel Face

Well, the last recipe was such a hit, I thought I'd post another one.

This one is from

 [**matociquala**](https://matociquala.livejournal.com/) (<https://matociquala.livejournal.com/>), who says she got it from  [**heresluck**](https://heresluck.livejournal.com/) (<https://heresluck.livejournal.com/>), who got it from *Vegetarian Cooking for Everyone* (https://www.livejournal.com/away?to=http%3A//www.randomhouse.com/features/deborahmadison/vegetarian_cooking.html) by Deborah Madison, which I bought so I could compare versions (and, hey, cookbook!). And I think, having been through three cooks, and now being a totally different recipe, it's okay if I post it on the internet.

This is the best bean soup recipe in the world. Better than black bean soup. Better than bean and bacon soup (though I make a mean bean and bacon soup, also).

It happens in three parts: Soup, Garnish, and Substrate. We're going to talk about them in a slightly different order, because of order of cooking.

It sounds complicated but it's really super easy.

Garnish

What goes on top of the soup is a rosemary garlic olive oil (the original has pesto). How you make this: You take a head of garlic and peel it and mince it fine and put it in a sauce pan with a half cup of olive oil and a quarter cup of stripped, chopped fresh rosemary leaves. And then you leave it there on low for ages, being careful not to burn the garlic. When the olive oil is beautiful green and aromatic, you have two options. You can either strain off the oil and discard the garlic and rosemary (or you can toss the garlic and rosemary in the soup! soup is forgiving!), or you can pour the oil and herbs and garlic into a food processor and whiz it. (Or if you have one of those stick blenders, you could use that.)

You can use dried rosemary if you have to, but it won't be as

good.

Also, some *good* very hard sharp cheese for grating, parmigiano reggiano or similar.

Soup

more olive oil

a big red onion

two big carrots (soup is what the woody ones that aren't good for anything else are for, by the way.)

three stems of celery

another head of garlic. yes, a whole head. *Trust me.* I'm good at this.

two ripe tomatoes, or a can of canned tomatoes, depending on the season

white beans, canned or dried. Or fresh, if you can get them. If you are using dried beans, you need to soak them before you start. Use whatever you have in your cabinet. And if you don't hoard beans in your cabinet, why not? They're cheap, delicious, and good for you! (I just about lived on red beans and rice all through grad school. And I'm not sick of them yet.)

a lot of fresh rosemary, or a third of a lot of dried rosemary, though fresh is better. When I say a lot, I mean maybe a quarter of a cup. To start.

Slice up the onion, carrots, and celery and sweat them in olive oil with the diced garlic. I like to do a rough julienne, because it makes the finished soup beautiful when it's full of rectangular bits of vegetable in bright colors, and round carrots get boring.

When I say sweat, I mean cook over low heat, stirring occasionally, until soft and aromatic. [You're making a mirepoix](https://www.livejournal.com/away?to=http%3A//en.wikipedia.org/wiki/Mirepoix_%28cuisine%29) (https://www.livejournal.com/away?to=http%3A//en.wikipedia.org/wiki/Mirepoix_%28cuisine%29), which is the main reason--other than dairy abuse--that French cooking is amazing.

You will know it's sweated enough when it sort of slumps, and abruptly takes up a third as much space as it did a minute ago. At this point, add your tomatoes (diced), and three or four cups of water or vegetable stock or chicken stock, if you are not actually a vegetarian or cooking for one.

Then put in the rosemary and the beans. If you used canned tomatoes and beans, it probably doesn't need salt. It might need

pepper. White pepper is nice if you have it, because the soup is really pretty and colorful. Now put the cover on the pot and walk away while it simmers. Remember to wander by and stir it occasionally.

Come back when you can't stand the smell anymore and make:

The Substrate

starch of your choice: pasta, spaghetti squash, boiled potatoes, crouton, rice, whatever.

When that's cooked, get a bowl. Put some substrate in, ladle some soup over it, and drizzle a little of your aromatic oil on top. Add a few shavings of cheese.

Hopefully you have some good crusty bread and butter to mop it up with.

Failure Modes:

not enough garlic
not enough rosemary
cooking the mirepoix too fast (do not sautee! sweat! sweat!)
burning the garlic
not soaking the beans.

Just about the only thing you can do wrong with this soup is try to make it too fast. It requires low heat and patience. It can be made faster if you use vegetable broth or chicken broth for the liquid, because it does not need as long for the flavors to develop.

You can add other veggies to it too, if they need to be used up--parsnips, turnips, green beans (add those at the end so they don't turn to gray mush), cabbage, peas, whatever. This is a minestrone-style bean soup with a transparent pink broth, not a thick gravylike bean soup. You could puree some of it and return it to the pot to make it thick, but then it would not be as pretty.

I have no idea how it freezes, because it never lasts that long.

TAGS: [recipes](#)



[locked] Dream Journal

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

Elvis doesn't live here anymore.

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

Poppets. Puppets. Poppet puppets. Scary.

39 comments

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 cvillette

December 6 2007, 18:53:51 UTC COLLAPSE

You only eat things grown in fish tanks?

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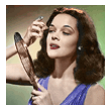


 cvillette

December 6 2007, 20:08:08 UTC COLLAPSE

In dirt in fish tanks, then?

Terrarioculture! The coming thing! And you can have a little treefrog with tiny sticky feet in there to eat the bugs. Organic pest control.



 Ometotchtli

December 6 2007, 20:07:32 UTC COLLAPSE

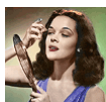
Hey, I've seen Mom at work in an interview room. She'd have no trouble sweating carrots.



 cvillette

December 6 2007, 20:08:47 UTC COLLAPSE

Carrots, potatoes, turnips. The root vegetable doesn't exist that she can't sweat.




 Ometotchtli

December 6 2007, 20:18:02 UTC COLLAPSE

Or turn into latkes. It's Chanukah. Somewhere Mom is making latkes and feeding them to her undeserving family. >:+(




 [cvillette](#)

[December 6 2007, 20:21:42 UTC](#) [COLLAPSE](#)

If we helped peel and grate potatoes, would she make some for us?



 [beatriceeagle](#)

[December 6 2007, 22:45:37 UTC](#) [COLLAPSE](#)

Someday, when I have a free weekend, I'll make this, because it isn't spicy, and you can never have too much soup.

(And now I'll reveal myself as the geek I really am: your last line makes me think of Laura Ingalls, playing bean-porridge-hot and saying that she did, indeed, like it hot and cold, but had never tasted it nine days old -- that's how much she liked it.)



 [cvillette](#)

[December 6 2007, 23:04:29 UTC](#) [COLLAPSE](#)

Everybody read those, didn't they?

Now I wonder how bean soup tastes cold...

I bet you could spread it on things. Like bread.



 [beatriceeagle](#)

[December 6 2007, 23:09:27 UTC](#) [COLLAPSE](#)

Of course everybody read them! Some people read them twelve times each. (I, of course, am not one of those people. At all.)

I don't know, really soupy bean soup probably wouldn't spread well, but the thick kind might be good.



 [cvillette](#)

[December 6 2007, 23:20:43 UTC](#) [COLLAPSE](#)

Sure. Anything answering to the description of "porridge."



 [asciikitty](#)


[December 7 2007, 02:34:59 UTC](#) [COLLAPSE](#)

Everybody read those, didn't they?

my mom got me to start reading on my own with those books.

I think there were a few years in there where she wished she'd gotten me to have a different hobby. Like rock collecting. It'd have been smaller and lighter.



 [cvillette](#)


[December 7 2007, 02:37:45 UTC](#) [COLLAPSE](#)

I collect rocks.

But they are great big ones. And you can't take them home with you.

You do get to keep the broken fingernails, though.




 [trollcatz](#)

[December 7 2007, 03:59:10 UTC](#) [COLLAPSE](#)

And the scraped knuckles, don't forget those. And the weird toe calluses (yes, mine are coming along nicely, thank you for asking).




 [cvillette](#)

[December 7 2007, 04:01:16 UTC](#) [COLLAPSE](#)

I did warn you about the toe calluses, didn't I?

Ooops.



 [trollcatz](#)

[December 7 2007, 04:08:09 UTC](#) [COLLAPSE](#)

'Deed you did. Remember? I was whining about my shoes hurting and you cheerfully informed me that the blisters would turn into calluses and all would be well. And I told you that sensible shoes did not require one to grow calluses in order to wear them.

I think it was a little too early in the morning for me. *g*



 [cvillette](#)

[December 7 2007, 04:11:58 UTC](#) [COLLAPSE](#)

Yeah.

I think fitting into spiderman shoes is the only place in the world where my weird long skinny skeleton feet are an advantage. Not a lot of volume, and they don't flatten out much under my weight.

Bet I'm gonna have bone spurs from hell in twenty years, though.



 [trollcatz](#)

[December 7 2007, 04:53:08 UTC](#) [COLLAPSE](#)

And your metatarsals will give you hell because you don't have enough padding for 'em. Common skinny-people issue, according to a podiatrist I know.

But for the record? Your feet are actually pretty cool-looking. Which is probably insufficient consolation for Converse not making hi-tops in narrow.




 [cvillette](#)

[December 7 2007, 04:55:30 UTC](#) [COLLAPSE](#)

Actually, the Chucks are fine. They lace up tight. It's dress shoes that are the killer. You try to find a size 13 extra-narrow loafer with properly pansy FBI tassles...



 [trollcatz](#)

[December 7 2007, 05:05:14 UTC](#) [COLLAPSE](#)

Gah. Yeah, loafers would require newspaper stuffing. Or duct tape.

But you aren't a tassel kinda guy anyway. Are you?

Gawd, we are all so glad the building has mostly given up expecting us to look like everyone else. Okay, except Mom, the Cowboy, and Wonder Woman. We can count on them to front for the rest of us.

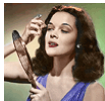


 [cvillette](#)

[December 7 2007, 05:07:22 UTC](#) [COLLAPSE](#)

I tried to look like an FBI agent for a while, but I just looked like I was raiding the Cowboy's closet while his back was turned.

I do still have that navy blue blazer, though. It's as close to reputable as I'm ever likely to get.



 [Ometotchtli](#)

[December 7 2007, 16:08:16 UTC](#) [COLLAPSE](#)

He was cute as the dickens in his little cordovan wingtips and gangster suits, too. With the monochrome suit and tie thing going on, and the hair shaved at the nape.

Thank God that only lasted a month.

Besides, whatever you look like, that's what an FBI agent looks like, remember?



 [cvillette](#)

[December 7 2007, 19:50:31 UTC](#) [COLLAPSE](#)

Salt in your sugar bowl is too easy. Still, you can *try* watching your back.




 [trollcatz](#)

[December 7 2007, 20:09:20 UTC](#) [COLLAPSE](#)

Aww.

Were the shirts the same color too?



 [cvillette](#)


[December 7 2007, 21:55:36 UTC](#)

[COLLAPSE](#)

I hate you.

Yes.

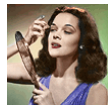


 [cvillette](#)

[December 7 2007, 19:52:30 UTC](#)

[COLLAPSE](#)

Also, I barely remember that month. First-timer nerves applies.



 [Ometotchtli](#)

[December 7 2007, 19:58:09 UTC](#)

[COLLAPSE](#)

Hey, no need for violence.

I'm just saying that I like the real Chaz, and I'm glad he stood up.



 [cvillette](#)

[December 7 2007, 21:58:40 UTC](#)

[COLLAPSE](#)

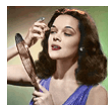
The shaved neck thing itches.

Also, your ears get cold.

That thing you said, about anything I look like being what an FBI agent looks like?

Thank you.

Want to try to teach me to shoot again on Monday? I'd say tonight but it's supposed to sleet and I am going home now.



 [Ometotchtli](#)

[December 7 2007, 23:26:24 UTC](#)

[COLLAPSE](#)

If you aren't worn to a little tiny splinter by Monday... >8+)



 [cvillette](#)

[December 7 2007, 23:32:03 UTC](#)

[COLLAPSE](#)


???

Sure, concert, but we still have to get up for work...

Or am I missing something?

OMG, they are making skateboards on The Discovery Channel. Okay, done making skateboards. Now they are making balloons.



 [trollcatz](#)

[December 7 2007, 20:44:11 UTC](#) [COLLAPSE](#)

I like the brown tweed wool one--the one that's almost but not quite fuzzy. It looks so nice and warm.




 [cvillette](#)

[December 7 2007, 22:06:58 UTC](#) [COLLAPSE](#)

It is.

But kind of scratchy at the wrists, unfortunately.



 [trollcatz](#)

[December 7 2007, 23:23:26 UTC](#) [COLLAPSE](#)

When you get rich writing cookbooks on the side, you can get custom-made shirts with longer sleeves so the cuffs will keep your jacket sleeves from itching.

Ahh, in my universe, everything turns out *perfectly*.



 [cvillette](#)

[December 7 2007, 23:26:23 UTC](#) [COLLAPSE](#)

You're a *genius*.

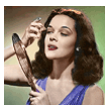
Also, not only will I be able to afford good knives, but companies will send them to me for free in hopes of winning celebrity endorsements!



 [trollcatz](#)

[December 7 2007, 23:28:46 UTC](#) [COLLAPSE](#)

Ooooh! YES! Oh, who's the genius now? You are!



 [Ometotchtli](#)

[December 7 2007, 04:05:17 UTC](#) [COLLAPSE](#)

after I read the first book I tried to build a smokehouse in our backyard. didn't go down so well. but I was pretty sure I could have if my 'rents had been a little more supportive.

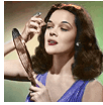
also, rereading suggests, her dad? charming. loveable. kind of a flake. her mom must have wanted to kick the crap out of him on a regular basis.



[cvillette](#)

[December 7 2007, 04:25:54 UTC](#) [COLLAPSE](#)

She sure saved his life enough times.



[Ometotchtli](#)

[December 7 2007, 04:55:27 UTC](#) [COLLAPSE](#)

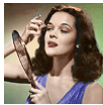
Tru dat. And the kids, too. Mom Ingalls was tough as a boot.



[beatriceeagle](#)

[December 7 2007, 12:50:50 UTC](#) [COLLAPSE](#)

I tried to sew my own clothes, after I read them the first time. But I was six and didn't have a sewing machine, so that ended quickly.



[Ometotchtli](#)

[December 7 2007, 14:20:07 UTC](#) [COLLAPSE](#)

We could have had a make-believe homestead.

[locked] [Dream Journal](#)

All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning

[Elvis doesn't live here anymore.](#)

Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't

[Poppets. Puppets. Poppet puppets. Scary.](#)